

Why should schools control the foods and beverages in their vending machines?

By offering healthy foods and beverages in vending machines, schools encourage healthy eating habits because students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products, should be available wherever and whenever food is sold or otherwise offered at school during the normal school day. When foods of minimal nutritional value are offered in vending machines, students quickly form poor eating habits.



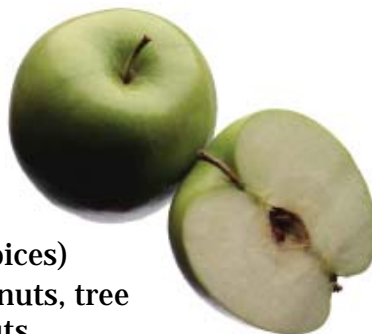
Healthy Vending Machine Snacks and Beverages

The following is a list of options for healthy vending machine snacks and beverages. It is by no means a complete list; additional ideas for healthy snacks and beverages exist. Please consult a Registered Dietitian or Child and Adult Nutrition Services if you have any questions.



Best Choices

- Granola bars
- Whole-grain fruit bars
- Fruit bars
- Nuts and seeds (plain or with spices)
- Dry roasted peanuts, tree nuts, and soy nuts
- Trail mix (plain)
- Fresh fruit (orange slices, apple slices, bananas, grapes, etc.)
- Dried fruit (raisins, cranberries, apricots, etc.)
- Fresh vegetables (carrot sticks, celery sticks, veggie combos, etc.)
- Salads with low-fat or fat-free dressings
- Beef or buffalo jerky
- Yogurt (low-fat, no sugars added)
- String cheese, cheese sticks, or cheese cubes
- Rice cakes
- Frozen fruit juice bars (no sugar or high fructose corn syrup)
- Fruit juice (100% juice)
- Vegetable juice (100% juice)
- Skim or 1% milk
- Soy milk and other soy products
- Water (plain)



Good Choices

- Nuts (light sugar covering or honey-roasted)
- Popcorn (low-fat, without hydrogenated fats)
- Corn nuts

- Whole grain bagels
- Whole grain breads
- Pita bread
- Deli sandwiches (whole grain bread)
- Veggie burgers
- Individually packaged fruit (in natural juices only)
- Fruit leather
- Animal crackers
- Graham crackers
- Pretzels
- Peanut butter and crackers
- Pudding (low-fat)
- Soup and stew (low sodium)
- Ready-to-eat cereal (low sugar, whole grain)



Items to Avoid

- Pop
- Candy bars
- Candy
- Cookies
- Chips
- Carbonated water
- Juice (not 100% fruit juice)
- Fruit snacks
- Ice cream and yogurt (high-fat)
- Pudding (high-fat)
- Pop tarts
- Snack mixes
- Chocolate-covered pretzels
- Fruit cups with syrup







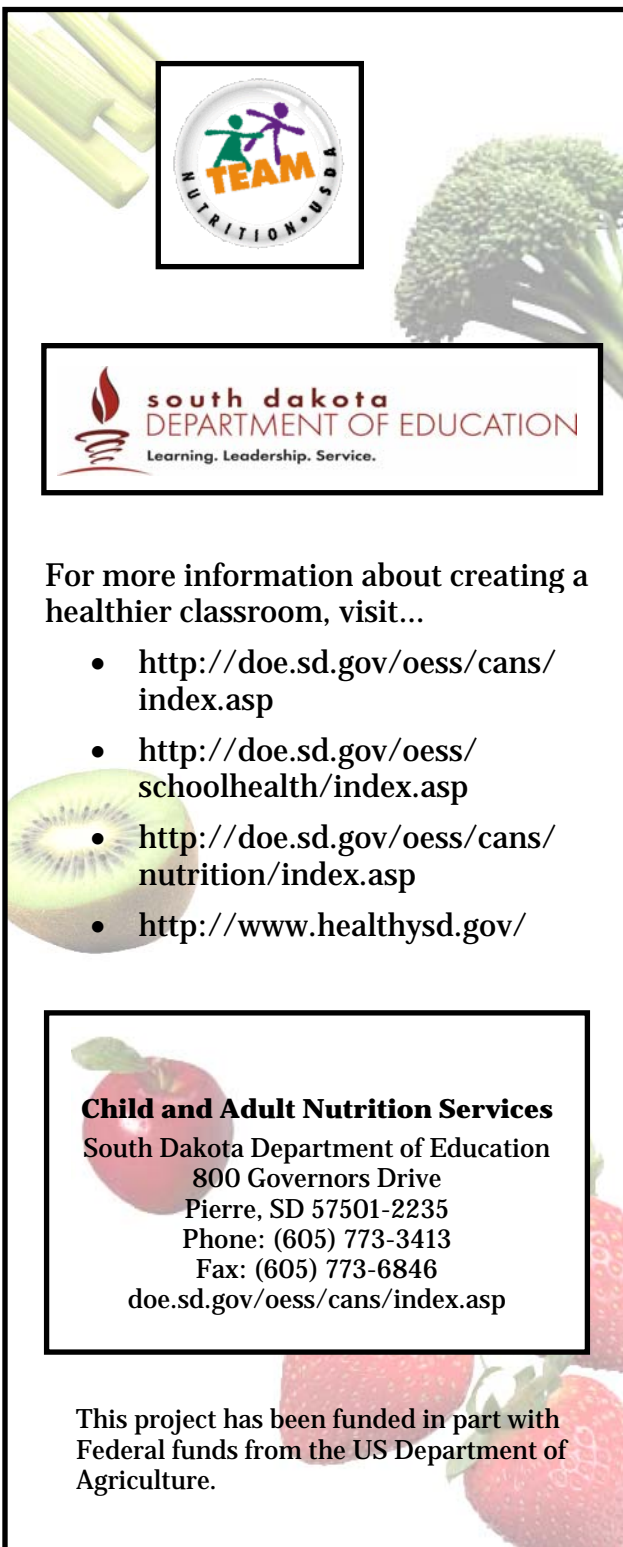
... about Vending Machines in Schools

Vending machines with food and beverages need not be placed in elementary schools.

All foods and beverages sold in vending machines in middle, junior high, and high school should be healthy snacks. See the inside of this pamphlet for more information.

No vending services should be available one hour before and one hour after the meal service in middle, junior high, and high schools.

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For more information about creating a healthier classroom, visit...

- <http://doe.sd.gov/oess/cans/index.asp>
- <http://doe.sd.gov/oess/schoolhealth/index.asp>
- <http://doe.sd.gov/oess/cans/nutrition/index.asp>
- <http://www.healthysd.gov/>

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Creating a Healthier Classroom